

*But Why....? (do I have to eat vegetables)*

This is Joe, he's a fun little boy

## Pelizzari - Vegetables

He likes spending time with his family and playing with toys.

He likes watching TV and even likes cooking.

And some things he only does when no one is looking.

But the one thing he like to do most, by far

Is ask questions and learn why things are how they are.

Why is the sky blue? What is a smoothie?

How does a superhero fly in a movie?

How many minutes are there in an hour?

What's in a cookie, besides milk, eggs and flour?

Come read and see what Joe wants to know.

Who should he ask? Where should he go?

Maybe you've had the same questions or thought the same thing.

Let's see what answers his questions might bring.

Joe had been sitting at the table for a while,

staring down at his plate, at some green food in a pile.

With most foods, Joe had no problem at all.

He loved chicken, hotdogs, and spaghetti and meatballs.

If you gave him a cheeseburger, pizza or french fries

it would be gone from his plate in the blink of an eye.

The same goes for desserts, cookies and cake.

He could eat them all day, without taking a break.

But for vegetables, Joe had no appetite.

He would just sit in his chair and stare at them all night.

## Pelizzari - Vegetables

His parents were the ones who put these things on his plate.

So he just had to ask them what makes them so great.

“Broccoli, salad, carrots and peas....

why should I be eating any of these?”

So he looked at his parents and let out a moan.

“Why vegetables?!” he asked, in an unhappy tone.

“When you ask why,” they replied, “what do you mean?”

“Did you want to know they are usually green?”

“No!” answered Joseph “The question I had,  
is why should I eat something I think will taste bad?”

“Well first,” said his parents “that’s all in your head.  
If you tried them you might find you like them, instead.”

“It’s just like eating any other new food,  
One good-tasting veggie might change your attitude.”

So Joe sniffed them and poked them, then looked up again.  
“If I try them and DON’T like them, what happens then?”

“Don’t think about that,” his parents replied,  
“until you eat one, then you can decide.”

“And if you still find you don’t like them a lot,  
maybe you’ll like the vitamins they’ve got.”

“What’s so good about vitamins?”, Joe asked in reply.

## Pelizzari - Vegetables

“A lot,” said his parents. Then they explained why.

“You know how you say you don’t like being small?

Well you should know eating vitamins can help you grow tall.”

“Other vitamins can help your muscles grow stronger,  
so when you play games you can play even longer.”

“And if you want bones strong as can be,  
keep eating vegetables and then you will see  
why eating our vitamins is such a big deal  
that we have them as part of so many meals.”

“Now that you know what eating vegetables can do,  
do you see why we would want to make them for you?”

Joe thought about it...“What if they’re right?  
I guess it won’t hurt to just take one bite.”

“Ok,” said Joe, with some peas on his spoon.

“I’ll try them, but I better feel different real soon.”

He ate the first spoonful, then the second and third.  
And his parents just watched, without saying a word.

It was so great to see that Joe liked this new taste.  
Now all his vegetables won’t go to waste.

“Ok, now I see why you put these veggies on my plate.  
But if you could make them smell better, that would be great.”

## Pelizzari - Vegetables

Joe was so sure that vegetables tasted bad  
until he sat down with his mom and his dad.

And even though he still isn't begging them to buy them,  
At least he is willing to sit down and try them.